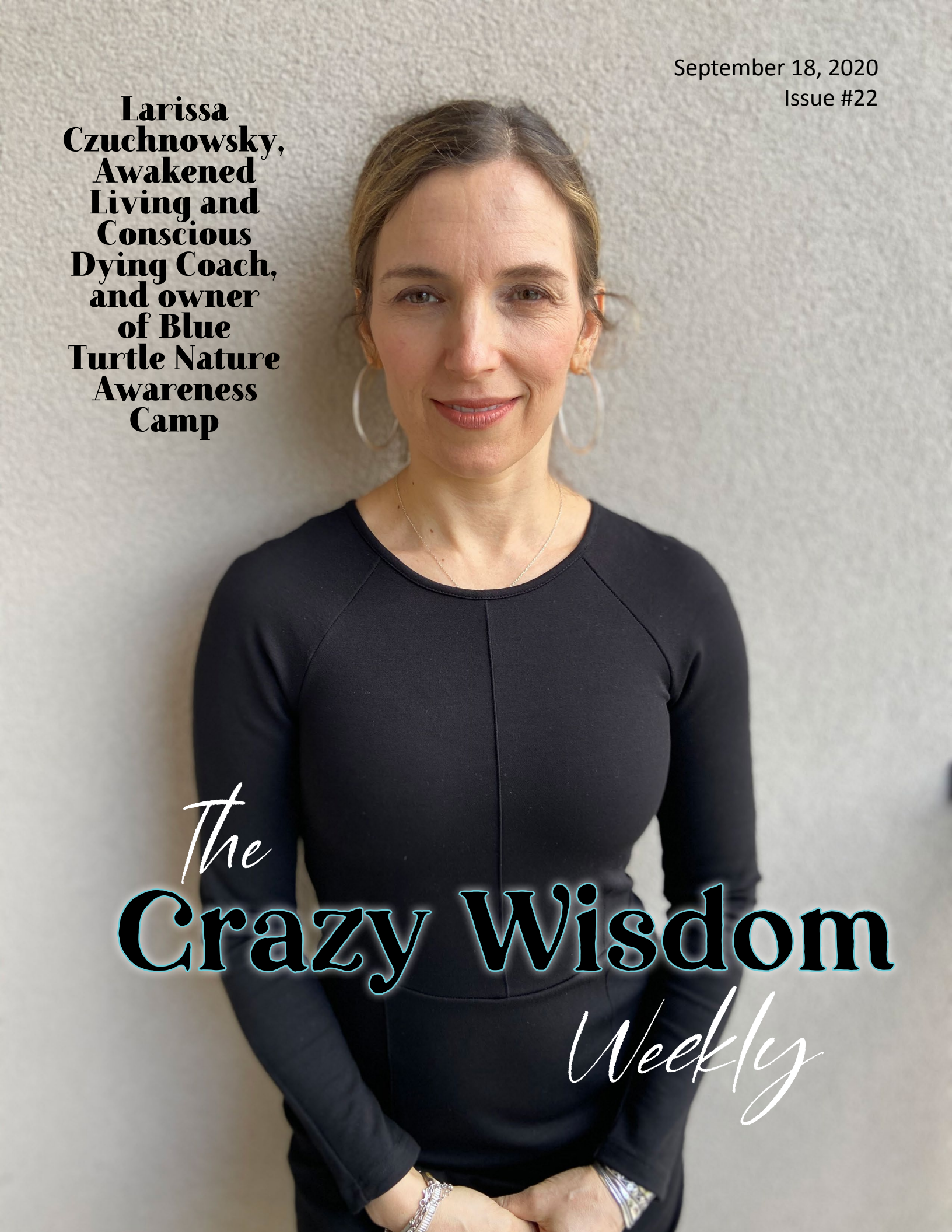
September 18, 2020
Issue #22

Larissa Czuchnowsky, Awakened Living and Conscious Dying Coach, and owner of Blue Turtle Nature Awareness Camp



The Crazy Wisdom Weekly

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

Photo by John Mccann on Unsplash

The Crazy Wisdom Weekly

Letter From the Editor

I love cooking big meals for my family when the weather turns cool. It's not only the meal we eat together that I love, but the fact that there are leftovers.

I know some people hate having leftovers, but I get giddy over having leftovers. For one thing, it means I don't have to cook another big meal for a few days, because, let's face it, that's a lot of dishes that you have to wash, too!

Fall is the perfect time to cook up the last of the harvest into a big family meal, but then what to do with those leftovers? I've shared one of my go to leftovers recipes on page 15. You can use whatever leftover meat (or meat substitute!) you'd like, plus whatever leftover veggies you have, too. Make sure you add some extra potatoes in the pot when you cook that big meal!

Happy cooking!

Jennifer Carson

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Crazy Wisdom Bookstore is open!
Monday - Saturday 11 - 7
Sunday 12 - 5
734.665.2757
crazywisdom.net
It's been wonderful to see our lovely customers— masked, socially distanced and staying safe.
We missed you and are grateful to our staff for being here!
Our second floor and public restroom remain closed.
Thank you for your patience and understanding!
CRAZY WISDOM
bookstore & tearoom

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Anna Fernandez
Larissa Czuchnowsky
Kirsten Mowrey
Amelia Hatcher-Kay
Carol Karr
Grace Storey
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Susurrous

Full of whispering sounds.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Boost Your Immune System with Fire Cider

By Anna Fernandez

There are as many recipes for Fire Cider as there are herbalists who make it. Each recipe is unique, customized to meet a particular need or to appeal to specific taste buds. Whatever the recipe, all Fire Cider has a base of apple cider vinegar (ACV), and many recipes contain honey. The recipe taught to me by an herbalist friend out in Bellingham, Washington, contains horseradish, onions, garlic, ginger, parsley, and cayenne pepper. I used to make this by the gallons for a health food store. The owner sold it by the shot, and people loved it!

As you can imagine, with that line up of ingredients, Fire Cider gets the body systems moving! It's invigorating from the moment it touches the taste buds. Taken daily, or as needed, this blend of herbs is known to boost the immune system, support digestion, and get the circulation going. It's a "cures what ails you" kind of concoction. It can be taken by the tablespoon or shot, or used in salad dressings, stir-fries -- you name it.

Each ingredient has its own benefits, and together, they pack a powerful punch!

Apple cider vinegar is an important health food, and has been credited for many things, from balancing beneficial bacteria in the system and providing vitamins and minerals to aiding digestion, supporting good blood sugars, and strengthening the immune system.

Horseradish is well known for its sinus clearing capabilities, and is great for upper respiratory congestion. Not everyone knows that it is also great for increasing digestive secretions. High in sulfur and volatile oils, horseradish helps combat bacteria that may cause infection.

Onions are a powerhouse food and were used historically in the prevention of epidemic outbreaks. Especially good for helping with sinus infections, onions are also loaded with vitamins and minerals.

Garlic supports immune function, is anti-microbial, and serves as a tonic to the circulatory system as well. Packed with antioxidants and vitamins and minerals, garlic is truly a superfood!

Ginger is warming and stimulating to the digestive and circulatory systems. Like having a warm blanket wrapped around you, ginger is a great winter friend.

Parsley is high in vitamins and minerals and also mildly diuretic, and apple cider vinegar is very good at pulling out minerals from these herbs.

Cayenne pepper has been used a circulatory stimulant (if you've ever noticed yourself starting to sweat after consuming a large quantity, you may already be familiar with this effect). It is also a digestive aid and pain reliever, and has even been known to help regulate blood sugar levels. Choose your heat index carefully when making your own Fire Cider. A little goes a long way!

Basic Fire Cider Recipe:

(All ingredients should be used fresh and raw. Yields around a third of a gallon.)

- 2/3 pound of horseradish
- 1/3 pound garlic
- 1/2 pound onion
- 1/2 pound ginger
- 1/2 bunch of parsley

Cayenne to taste—depending on the heat index and your preference

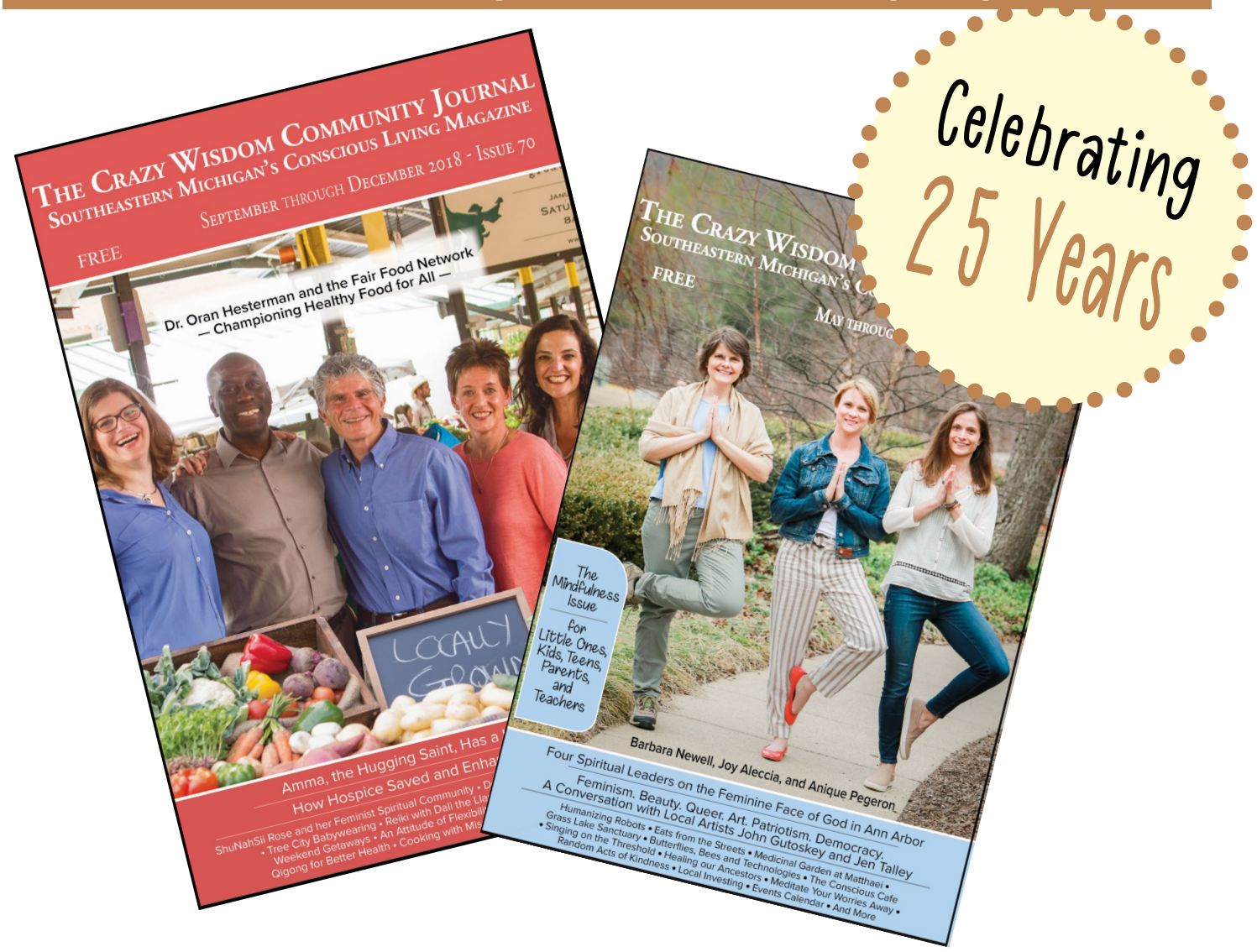
All of the ingredients except ginger are easy to grow in our climate. You can also find all or most of the ingredients at any health food store.

Chop the ingredients and put them into a half-gallon glass mason jar or something comparable. Fill the rest of the jar with organic, raw apple cider vinegar (the mother ingredient!). Use a plastic lid or put a barrier between the metal lid and the ACV. If you don't, the metal may rust. Shake your concoction daily, and after at least a month, strain through a sieve, cheese cloth, or pressing bag. It's best to squeeze out as much fluid as you can. Compost what you pressed and re-bottle the infused ACV. If desired, add some honey to taste. Don't forget to label it! You may end up with sediment on the bottom of your jar after you let it sit. Just shake it well before using. Always consult a health care practitioner before drinking Fire Cider if you are on medications, pregnant, or have a serious health condition.

Fire Cider is a great addition to these long winter days. Choosing to eat powerhouse, healing foods is a great way to be mindful about your health and vitality, and can enhance the quality of your life!

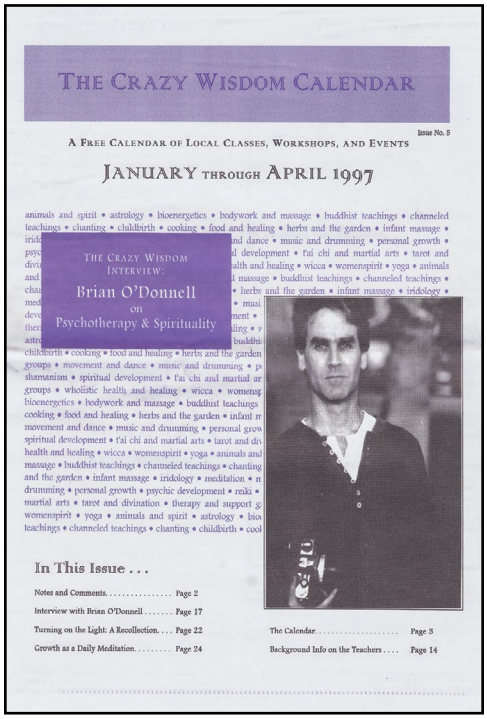
The Crazy Wisdom Community Journal

Southeastern Michigan's Conscious Living Magazine


Celebrating
25 Years
The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
September through December 2018 - Issue 70
FREE
Dr. Oran Hesterman and the Fair Food Network
— Championing Healthy Food for All —
Amma, the Hugging Saint, Has a
How Hospice Saved and Enha
ShuNahSii Rose and her Feminist Spiritual Community
Tree City Babywearing • Reiki with Dali the Lla
Weekend Getaways • An Attitude of Flexibil
Qigong for Better Health • Cooking with Mis
The Crazy Wisdom
Southeastern Michigan's C
FREE
May throug
The MindFulness Issue
For Little Ones, Kids, Teens, Parents, and Teachers
Barbara Newell, Joy Alleccia, and Anique Pegeron
Four Spiritual Leaders on the Feminine Face of God in Ann Arbor
Feminism. Beauty. Queer. Art. Patriotism. Democracy.
A Conversation with Local Artists John Gutoskey and Jen Talley
Humanizing Robots • Eats from the Streets • Medicinal Garden at Matthaei •
Grass Lake Sanctuary • Butterflies, Bees and Technologies • The Conscious Cafe
• Singing on the Threshold • Healing our Ancestors • Meditate Your Worries Away •
Random Acts of Kindness • Local Investing • Events Calendar • And More

2020 marks 25 years that *The Crazy Wisdom Community Journal* has been in print. What an exciting and celebratory journey! What started out as a thin black-and-white publication focusing on holistically-oriented events in the area has grown into a 120+ page full-color regional magazine with glossy covers, and a vibrant freelance staff of writers, photographers, editors, illustrators, page designers, distribution helpers, calendar proofers, and ad salespeople.

On these next pages you will see 29 of our 75 covers over these 25 years. The covers have reflected our commitment to highlighting the richest array of conscious living thinkers and doers in this region, and covering local topics with depth and integrity.


THE CRAZY WISDOM CALENDAR
Issue No. 5
A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS
JANUARY THROUGH APRIL 1997
THE CRAZY WISDOM INTERVIEW:
Brian O'Donnell
on
Psychotherapy & Spirituality
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Growth as a Daily Meditation . . . . . Page 24
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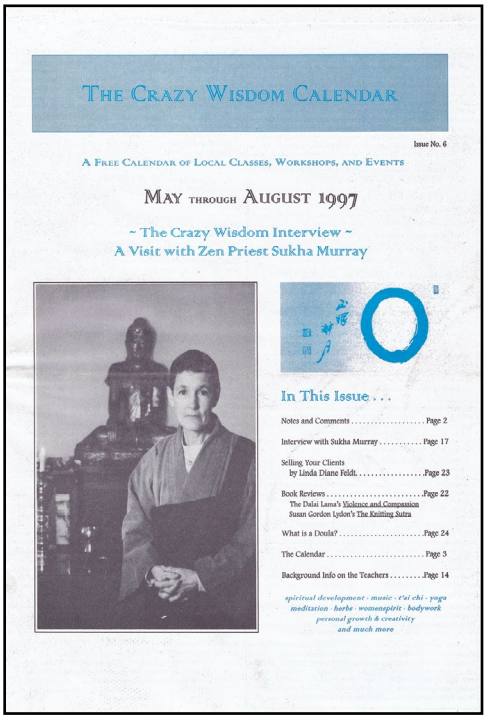
Issue #5 – 1997 -- Pathwork leader and Psychotherapist Brian O'Donnell


THE CRAZY WISDOM CALENDAR
Issue No. 6
A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS
MAY THROUGH AUGUST 1997
~ The Crazy Wisdom Interview ~
A Visit with Zen Priest Sukha Murray
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spiritual development · music · t'ai chi · yoga
meditation · herbs · womenspirit · bodywork
personal growth & creativity
and much more

1997 -- Zen Priest Haju Sunim (aka Sukha Murray)

THE CRAZY WISDOM CALENDAR
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Stephen McLean in his own words . . . . . Page 38
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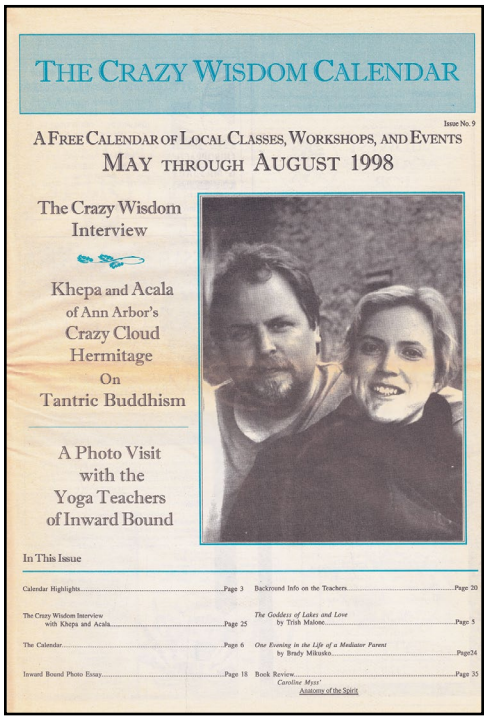
Local author Geri Larkin's Stumbling Toward Enlightenment
Kate Gilmore's Eliza Fosse and A Virtuous Woman

1998 – Herbalist Bronwen (Wildflower) Gates


THE CRAZY WISDOM CALENDAR
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A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS
MAY THROUGH AUGUST 1998
The Crazy Wisdom Interview
Khepa and Acala of Ann Arbor's Crazy Cloud Hermitage On Tantric Buddhism
A Photo Visit with the Yoga Teachers of Inward Bound
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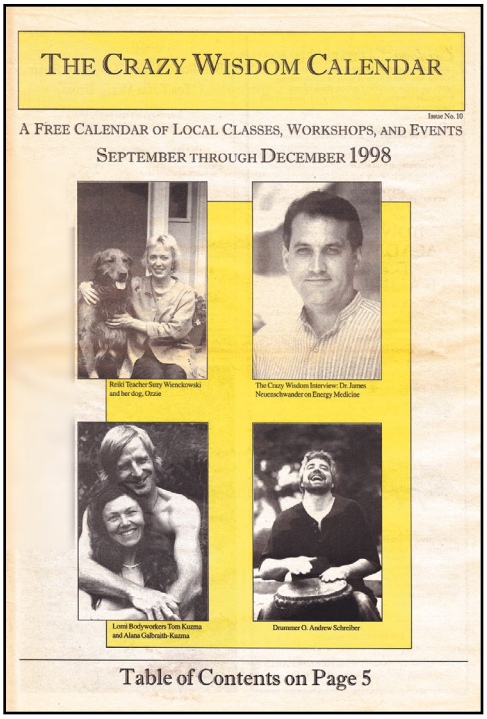
Anatomy of the Spirit

1999 – Traktung Rinpoche and Tsochen Khandro (aka Khepa and Acala)


THE CRAZY WISDOM CALENDAR
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SEPTEMBER THROUGH DECEMBER 1998
Reiki Teacher Suzy Wienckowski and her dog, Ozzie
The Crazy Wisdom Interview: Dr. James Neuenschwander on Energy Medicine
Lomi Bodyworkers Tom Kuzma and Alana Galbraith-Kuzma
Drummer O. Andrew Schreiber
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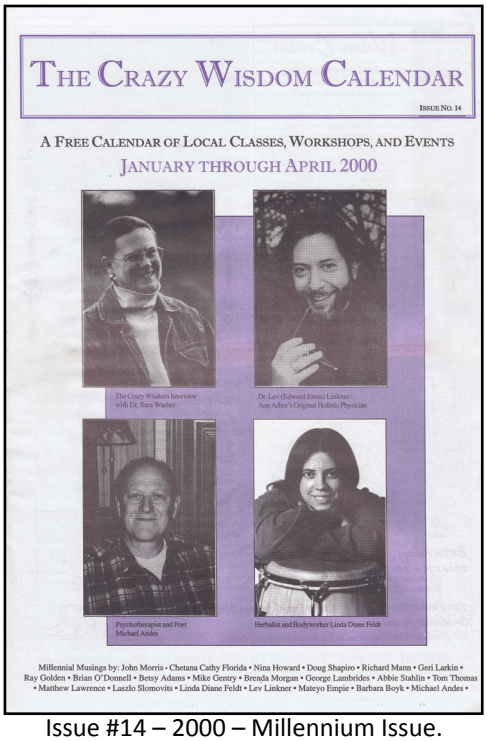
1999 – Dr. Jim Neuenschwander and Reiki Master Suzy Wienckowski, and others


THE CRAZY WISDOM CALENDAR
ISSUE NO. 14
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JANUARY THROUGH APRIL 2000
The Crazy Wisdom Interview with Dr. Sara Warber
Dr. Lev (Edward Jonas) Linkner - Ann Arbor's Original Holistic Physician
Psychotherapist and Poet Michael Andes
Herbalist and Bodyworker Linda Diane Feldt
Millennial Musings by: John Morris • Chetana Cathy Florida • Nina Howard • Doug Shapiro • Richard Mann • Geri Larkin • Ray Golden • Brian O'Donnell • Betsy Adams • Mike Gentry • Brenda Morgan • George Lambrides • Abbie Stahlin • Tom Thomas • Matthew Lawrence • Laszlo Slomovits • Linda Diane Feldt • Lev Linkner • Mateyo Empie • Barbara Boyk • Michael Andes •

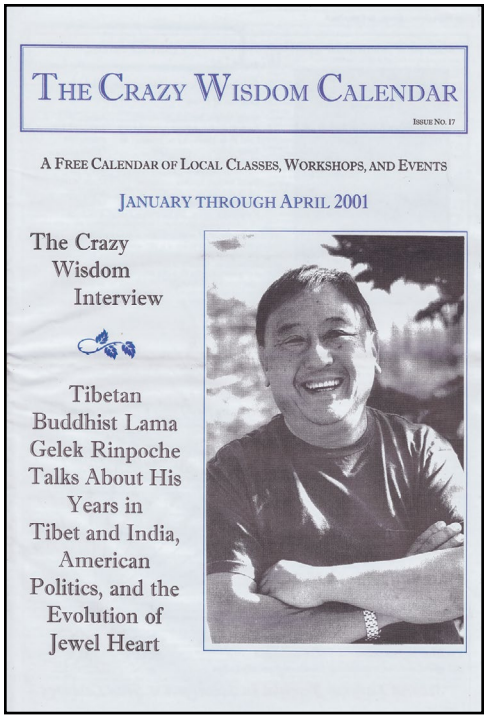
Issue #14 – 2000 – Millennium Issue. Dr. Sara Warber, Dr. Lev Linkner, Michael Andes, Linda Feldt

The Crazy Wisdom Community Journal

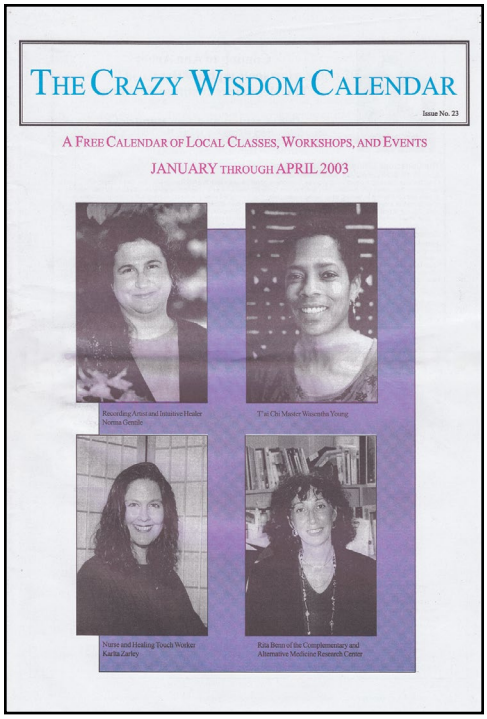
A 25 Year Journey

The Crazy Wisdom Community Journal

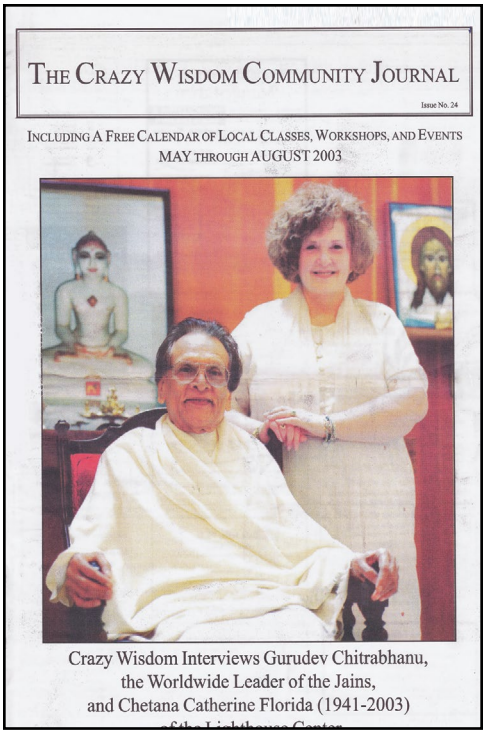
A 25 Year Journey


The Crazy Wisdom Calendar
Issue No. 17
A Free Calendar of Local Classes, Workshops, and Events
January through April 2001
The Crazy Wisdom Interview
Tibetan Buddhist Lama Gelek Rinpoche Talks About His Years in Tibet and India, American Politics, and the Evolution of Jewel Heart

2001 – Gelek Rinpoche of Jewel Heart



2003 – Norma Gentile, Wasentha Young, Karlta Zarley, Rita Benn


The Crazy Wisdom Community Journal
Issue No. 24
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May through August 2003
Crazy Wisdom Interviews Gurudev Chitrabhanu, the Worldwide Leader of the Jains, and Chetana Catherine Florida (1941-2003)

2003 – Gurudev Chitrabhanu, and Chetana Florida of the Lighthouse Center, the first color photos

The Crazy Wisdom Community Journal
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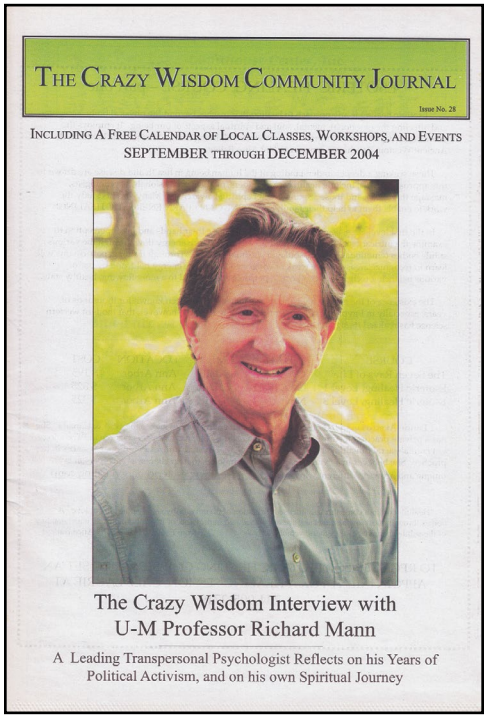
Including A Free Calendar of Local Classes, Workshops, and Events
January through April 2004
Local Healer and Herbalist Linda Feldt, Author of the New Cookbook, Spinach and Beyond

2004 – Herbalist and Author Linda Feldt


The Crazy Wisdom Community Journal
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September through December 2004
The Crazy Wisdom Interview with U-M Professor Richard Mann
A Leading Transpersonal Psychologist Reflects on his Years of Political Activism, and on his own Spiritual Journey

Issue #28 – 2004 – Transpersonal Psychologist and U-M Professor Richard Mann

The Crazy Wisdom Community Journal
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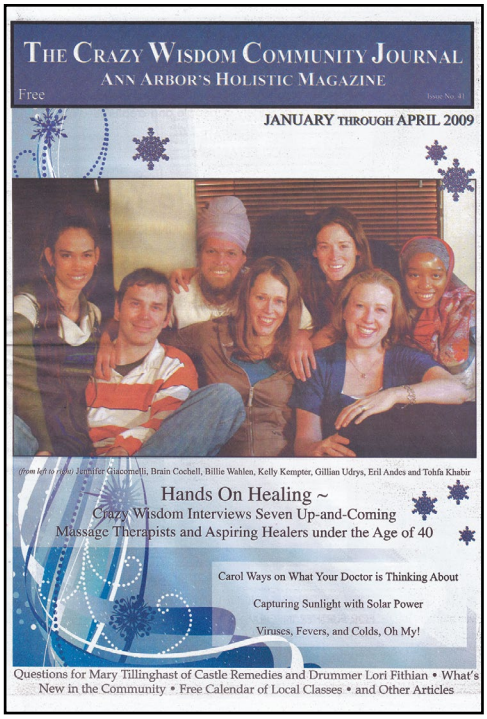
May through August 2006
Doctors Amy Dean, Debra Alspector, Paul Thielking and Malcolm Sickels (seated)
Interviews with the Next Generation of Holistic Physicians
Rolfing in Ann Arbor -
A Profile of Leland Austin and an Interview with Janis M. Paul

2006 – The Next Generation of Holistic Physicians, including Dr. Malcolm Sickels and Dr. Amy Dean


The Crazy Wisdom Community Journal
Ann Arbor's Holistic Magazine
Free
January through April 2009
Hands On Healing ~
Crazy Wisdom Interviews Seven Up-and-Coming Massage Therapists and Aspiring Healers under the Age of 40
Carol Ways on What Your Doctor is Thinking About
Capturing Sunlight with Solar Power
Viruses, Fevers, and Colds, Oh My!
Questions for Mary Tillinghast of Castle Remedies and Drummer Lori Fithian • What's New in the Community • Free Calendar of Local Classes • and Other Articles

2009 – Up-and-Coming Massage Therapists Under the Age of 40 including Kelly Kempter, Billie Wahlen, and Eril Andes

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May through August 2009
Kathy and Ken King of Frog Holler Organic Farm
Paul Bantle and Anne Elder of Community Farm
Buying and Eating Locally Grown Food
Community Supported Agriculture ~
A Guide to Joining a CSA Farm in the Ann Arbor Area
Co-Housing – A Look at Ann Arbor's Three Thriving Cross-Generational Intentional Communities
Barbara Brodsky tunes into Amazing Grace • Questions for Pediatrician Susan McCreadie and Chiropractor/Naturopath Andréa Brisson • What's New in the Community • Free Calendar of Local Classes • Reading Tea Leaves • Judy Stone's Sustainable Health Column • and More

Issue #42 – 2009 – CSA Farmers Cathy and Ken King, and Annie Elder and Paul Bantle

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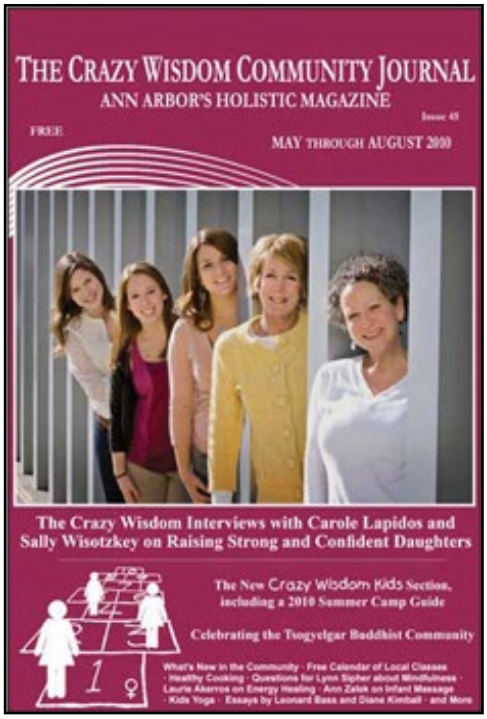
Dr. Monica Turenne & Dr. Jennifer Wass, Holistic Veterinarians
Polarity Therapist Karen Kerns
Spiritual Director Jonathan Ellis Moves Home to Ann Arbor
Couples Therapist Carole Kirby on Gay and Lesbian Relationships
The Crazy Wisdom Interview with Karen Kerns -- on Healing, Polarity Therapy and Craniosacral Bodywork
Complementary Health and Healing for our Animal Companions and Friends
What's New in the Community · Free Calendar of Local Classes · Helen Slomovits · Questions for Christy DeBurton about the Yoga Book Club and for Janene Ternes about Prayer in Motion · A Visit to the Clean Energy Outlet · and More

2010 – Dr. Monica Turenne, Karen Kerns, Jonathan Ellis, and Carole Kirby


The Crazy Wisdom Community Journal
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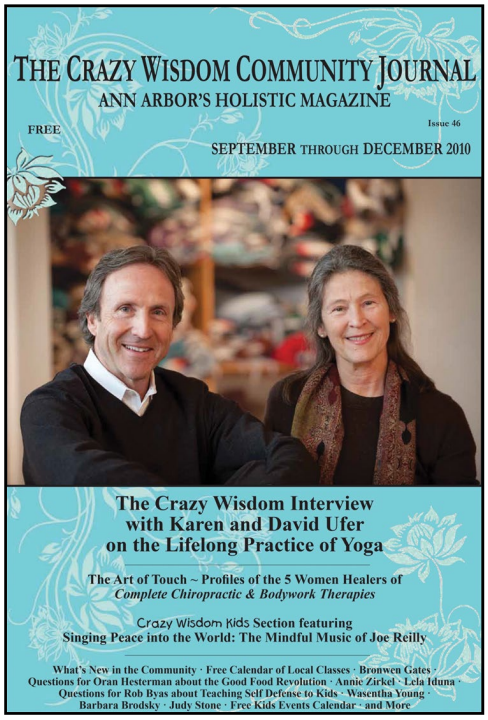
The Crazy Wisdom Interviews with Carole Lapidos and Sally Wisotzkey on Raising Strong and Confident Daughters
The New Crazy Wisdom Kids Section, including a 2010 Summer Camp Guide
Celebrating the Tsogyelgar Buddhist Community

2010 – Raising Strong and Confident Daughters – Carole Lapidos and Sally Wisotzkey


The Crazy Wisdom Community Journal
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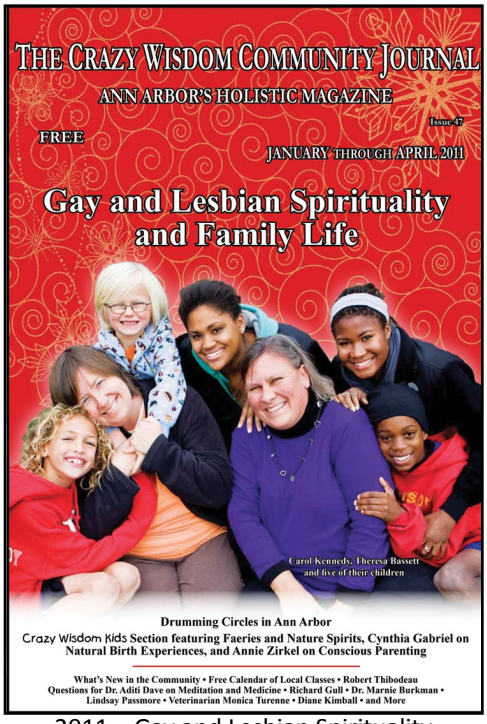
The Art of Touch ~ Profiles of the 5 Women Healers of Complete Chiropractic & Bodywork Therapies
Crazy Wisdom Kids Section featuring Singing Peace into the World: The Mindful Music of Joe Reilly
What's New in the Community · Free Calendar of Local Classes · Bronwen Gates · Questions for Oran Hesterman about the Good Food Revolution · Annie Zirkel · Lela Iduna · Questions for Rob Byas about Teaching Self Defense to Kids · Wascntha Young · Barbara Brodsky · Judy Stone · Free Kids Events Calendar · and More

2010 – Yoga teachers David and Karen Ufer


The Crazy Wisdom Community Journal
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Gay and Lesbian Spirituality and Family Life
Carol Kennedy, Theresa Bassett and five of their children
Drumming Circles in Ann Arbor
Crazy Wisdom Kids Section featuring Faeries and Nature Spirits, Cynthia Gabriel on Natural Birth Experiences, and Annie Zirkel on Conscious Parenting
What's New in the Community • Free Calendar of Local Classes • Robert Thibodeau Questions for Dr. Aditi Dave on Meditation and Medicine • Richard Gull • Dr. Marnie Burkman • Lindsay Passmore • Veterinarian Monica Turenne • Diane Kimball • and More

2011 – Gay and Lesbian Spirituality and Family Life – Carol Kennedy and Theresa Bassett

The Crazy Wisdom Community Journal

A 25 Year Journey

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Issue 49
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Brodie Burris
Ellen Porter
Shan Kong
Carey Ryan
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One of a Kind — Steve "Oz" Osburn and his Music Environment
Mary Thiefels' TreeTown Murals • Walking the Labyrinth at Matthaei • Eve Wilson • Nina Howard • The Healing Power of Yoga • Eco-frugal Living • John Friedlander's New Book • Kabbalah Miracles • Carrie Hatcher-Kay • Kapila Castoldi • The Women of Tapestries • What to Feed Your Dog and Cat • What's New in the Community • and More

2011 – Acupuncture Comes of Age – Brodie Burris, Ellen Porter, Shan Kong, and others

The Crazy Wisdom Community Journal
Ann Arbor's Holistic Magazine
Issue 52
FREE
September through December 2012
The Spark that Started Blue Turtle Nature Program —
An Ann Arbor Couple Integrates their Interests in Kids, Nature Awareness, Wilderness Skills and Breathwork
Larissa Czuchnowsky, Frank Levey and their son, Isaac
The New Left of the 1960s Turns 50
The Crazy Wisdom Interview with Malcolm Sickels, M.D.
Hello World, Welcome to Ann Arbor
Shamanism, Power Animals, and the Stretched Mind
Brian Ashin on Group Therapy • Aura Glaser on Embodiment and Awakening • Karl Pohrt in Northern Alabama • Sue Sataniuk of Yoga Space • Andy Seiler on Contact Improv • Naturopath Diana Quinn • Elaine Economou on Conscious Family Fitness • Crazy Wisdom Kids Column • City Pets Vet Clinic • What's New in the Community • and More

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Marian León of the Anthroposophical Society
Rudolf Steiner's Vision in Practice in Ann Arbor
Meeting Them Halfway ~ Helping Bees Survive
Wild Swan (Theater) Soars
The People Who Make Our Local Co-ops Happen
Spencer Michaud, the Musical Seeker • Marijo Grogan's Grail Quest • Sacred Sexuality • Fresh Air and Fairies • Exploring Qigong • Fracking in Michigan • CW Kids Section • Spiritual Healing for Animals • Another Chance to Dance • What's New in the Community • and More

2014 – Marian León of the Anthroposophical Society

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The Crazy Wisdom Community Journal
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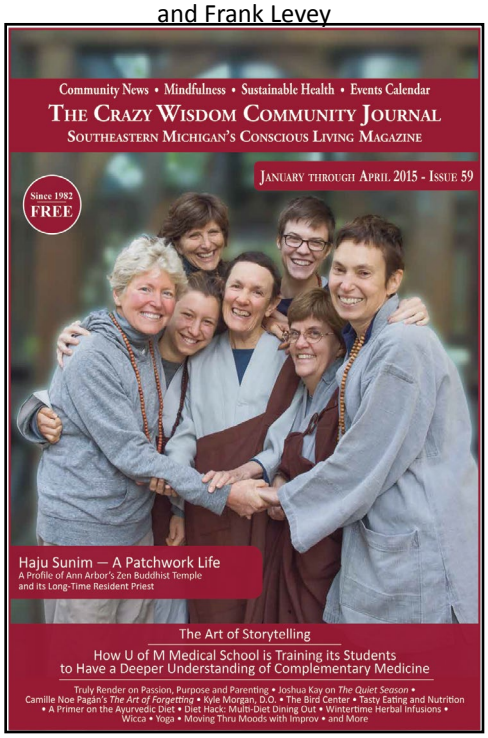
FREE
Cantor Annie Rose — Jewish Seeker
Erica Kempter: Seeds for the Future
Ali Shapiro on How to Read a Poem
Jody Tull on Yoga in the Swiss Alps
Angie Martell, Holistic Lawyer
Heather Glidden — the Gyrotonic® Method
The Creature Conservancy
JOURNEYS — Ann Arbor's Renowned Adventure Travel Company
Quest's Keith Copeland on Enlightened Selfishness and Ninjutsu
Dr. Nirmala Hanke — Meditation, Retirement and Conscious Living

2014 – Cantor Annie Rose – Jewish Seeker


Community News • Mindfulness • Sustainable Health • Events Calendar
The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
January through April 2015 - Issue 59
Since 1982 FREE
Haju Sunim — A Patchwork Life
A Profile of Ann Arbor's Zen Buddhist Temple and its Long-Time Resident Priest
The Art of Storytelling
How U of M Medical School is Training its Students to Have a Deeper Understanding of Complementary Medicine
Truly Render on Passion, Purpose and Parenting • Joshua Kay on The Quiet Season • Camille Noe Pagán's The Art of Forgetting • Kyle Morgan, D.O. • The Bird Center • Tasty Eating and Nutrition • A Primer on the Ayurvedic Diet • Diet Hack: Multi-Diet Dining Out • Wintertime Herbal Infusions • Wicca • Yoga • Moving Thru Moods with Improv • and More

2015 – Haju Sunim and the Zen Buddhist Temple

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An Interview with David Lawson of the New Still Mountain Buddhist Meditation Center
Being Human – The Art of Anne Mondro
What Propels a Journey? The Peripatetic Career of Kate Soper
The Daily Rituals of 12 Ann Arbor Notables • Eco-Fashion • Lisa Gottlieb on Nonviolent Communication • Re-thinking Sukkot • Beginning "Birding" • Locavorious • Dreamwork • Mudpuddles • Amy Garber on Intuition • Where the Beers Are – The New Blue Front • All Sewn Up! Sewing School • Memoir Writing • Yoga Column • Events Calendar • And More

2015 – Meditation Teacher David Lawson of Still Mountain

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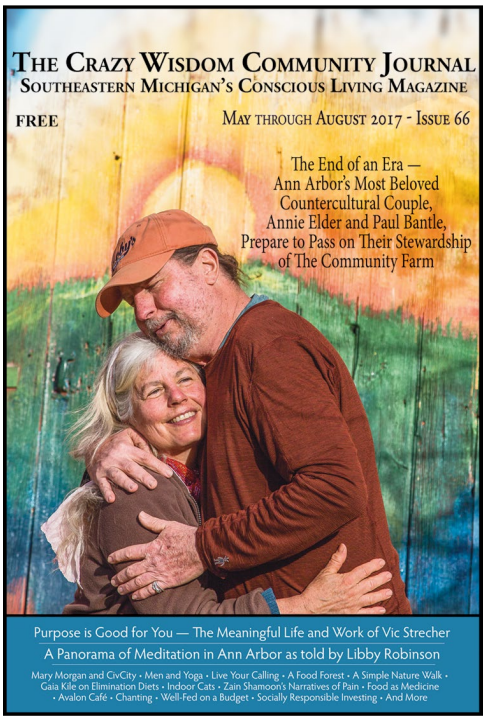
May through August 2016 - Issue 63
Students from PKSA Karate in Ann Arbor
Breaking Boards – Empowering Girls and Young Women with Martial Arts
Dance Your Way to Self-Realization with Michael Peters
The Human Body – A Symphony in Sharps & Flats for Chiropractor Diane Babalas
Maker Works • Adventures at Leslie Science Center • Falconry • PTSD and Animals • Fatty Hart's Yoga Practice • Buddhist-inspired Dairy Farm • Permaculture • Ethnic Food Markets • Austin Szelkowski's Spiritual Emergency • Conscious Parenting • Dr. Elizabeth Shadigian's New Book • Events Calendar • And More

2016 – Empowering Girls and Young Women with Martial Arts


The Crazy Wisdom Community Journal
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May through August 2017 - Issue 66
The End of an Era — Ann Arbor's Most Beloved Countercultural Couple, Annie Elder and Paul Bantle, Prepare to Pass on Their Stewardship of The Community Farm
Purpose is Good for You — The Meaningful Life and Work of Vic Strecher
A Panorama of Meditation in Ann Arbor as told by Libby Robinson
Mary Morgan and CivCity • Men and Yoga • Live Your Calling • A Food Forest • A Simple Nature Walk • Gaia Kile on Elimination Diets • Indoor Cats • Zain Shamoon's Narratives of Pain • Food as Medicine • Avalon Café • Chanting • Well-Fed on a Budget • Socially Responsible Investing • And More

Issue #66 – 2017 – Ann Arbor's Most Beloved Countercultural Couple, Annie Elder and Paul Bantle

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
September through December 2020 - Issue 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Larissa Czuchnowsky.

Larissa Czuchnowsky

Larissa Czuchnowsky is a schoolteacher at Forsythe Middle School, a meditation teacher, and Conscious Dying coach. She owns and runs Blue Turtle Nature Awareness Camp, which she founded with her late husband, Frank Levey. They were on the cover, with their then-7-year-old son, Isaac, in 2012.

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19?

I would say that the uncertainty of the times has inspired more flow and surrender in my life. The unpredictability and cancelation of plans created many practice opportunities for seeing that if I argued with reality, I suffered. Not a habit exactly but the practice of feeling my feelings and showing up to what reality brings, with openness and curiosity, definitely got practiced a lot.

How have you handled this unique time in your life? What gifts or blessings have come your way during these months, and what has been hardest?

This time has been beyond busy for me. Working at home as a single mom and having my children present with their emotional and learning needs had me deeply looking at the ways I work. I saw where I easily got overwhelmed and unproductive and how to support myself with kindness and encouraging self-talk to get through. My favorite phrase was "You've got this!" I have learned to work with my natural rhythms, and I have so enjoyed not having to get up to an alarm clock and to be able move a little more slowly in the morning.

How do you see your work life changing as a result of this period in your life?

With everyone's new familiarity with meeting online, it's supported the structure of the work I am doing as a conscious dying coach meeting with families from different parts of the country. In terms of camp, the disruption of my normal format brought in creative ideas and processes that I will continue with next year. The keepers have been the hammock village in the front of my property and the pool noodles used for socially distanced tag games.

Have you indulged in any guilty pleasures while in quarantine? If yes, what?

My biggest guilty pleasure is reading online articles when I should be doing something else. And, I really like the macadamia nut keto bites from Whole Foods.

When you were a child, what did you dream of becoming as an adult?

As a child, I wanted to be a pediatrician and a mother because I loved children. I was also captivated by the arts and wanted to be a ballerina at one time. It's this love of young people that has inspired me to be a teacher and run a day camp presently. Coaching brings a lot of joy in creating a healing space for others.

What will have changed in your life permanently due to covid-19?

Well, my father passed away in a Canadian field hospital from COVID-related pneumonia. Luckily, we were able to be together by zoom for hours at a time. Using conscious dying principles, I was able to facilitate a beautiful and empowering journey for my Dad, myself, and my family. We did a lot of healing and forgiveness during those marathon sessions together.

What inspired you to become a conscious dying coach?

My late husband, with whom I started Blue Turtle Camp, gave me a huge gift in his illness and eventual death. A gift I would never want or ask for, but a gift, nonetheless. To watch him slowly move toward death without fear and then to die surrendered and open-hearted was incredibly life changing. We both decided to use his transition as an opportunity for spiritual growth and healing. The gifts of illness and death are often not utilized in our culture due to our anxiety and fear of loss, which leads to us missing out on what is available during such a fruitful and precious time.

Czuchnowsky interview continued

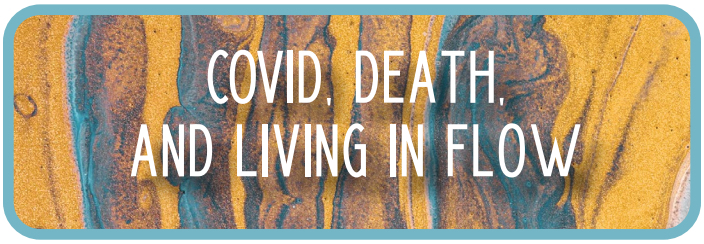
Did your childhood dreams manifest in your adult life? How?

Yes. I am surrounded with children in my teaching and day camp positions and now, as a conscious dying and awakened living coach, I can offer healing opportunities to those seeking more awakeness and presence during a challenging period in their lives.

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

I am most interested in how the unknown, fear, and anxiety intersect and the ways in which we give our power away when we are frightened. Also, as someone born in Canada, I am interested in the effects of national policy on health and well-being. Finally, it fascinates me to live in a time where consistent uncertainty has become an intimate part of life for all of us and how our resilience and heart are beckoned to lead us in this opportunity of re-formatting how we live together as a society.

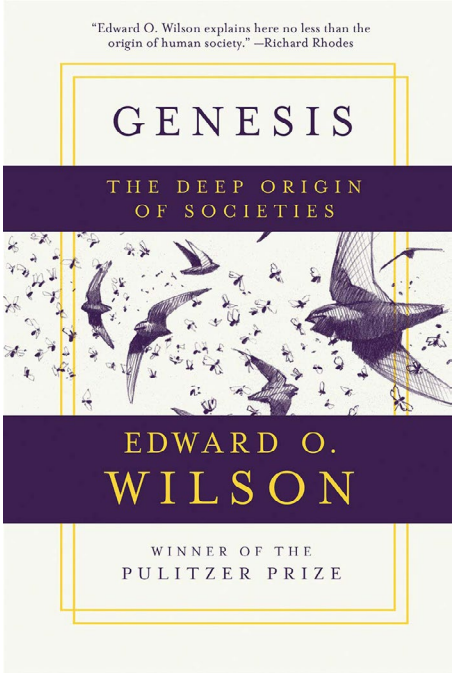
Read Czuchnowsky's essay on death and living in the flow from our current issue.



Artwork by Amelia Hatcher Kay. See more on her website, Hatcheryarts.com.

Crazy Wisdom Book Pick of the Week

By Sarah Newland


"Edward O. Wilson explains here no less than the origin of human society." —Richard Rhodes
GENESIS
THE DEEP ORIGIN OF SOCIETIES
EDWARD O. WILSON
WINNER OF THE PULITZER PRIZE

Genesis: The Deep Origins of Societies
by Edward O. Wilson

An "endlessly fascinating" (Michael Ruse) work of scientific thought and synthesis, *Genesis* is Edward O. Wilson's twenty-first-century statement on Darwinian evolution. Asserting that religious creeds and philosophical questions can be reduced to purely genetic and evolutionary components, and that the human body and mind have a physical base obedient to the laws of physics and chemistry, Wilson demonstrates that the only way for us to fully understand human behavior is to study the evolutionary histories of nonhuman species. At least seventeen of these species—among them the African naked mole rat and the sponge-dwelling shrimp—have been found to have advanced societies based on altruism and cooperation. Braiding twenty-first- century scientific theory with the lyrical biological and humanistic observations for which Wilson is beloved, *Genesis* is "a magisterial history of social evolution, from clouds of midges or sparrows to the grotesqueries of ant colonies."

Purchase your copy of *Genesis* at shopcrazywisdom.com.

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COMFORT FOOD

By Jennifer Carson

Leftovers Pot Pie

Ingredients:

1-2 cups of leftover meat (ham, chicken, turkey, or burger)
1 TBLS Better than Boullion (chicken, turkey, or beef)
2 TBLS of cornstartch
2-1/2 Cups of flour
2 Sticks of cold salted butter
2 cups of leftover veggies (or a frozen mixed-veggie blend)
2 cups of leftover mashed potatoes
1/4 Cup to 1/2 Cup of ice water

To make your crust:

Cut in your butter into the flour until the butter is small, pea-sized pieces. Drizzle the ice cold water into the flour mixture. Stir. Keep adding water and stirring until the dough starts to stick together, then pick it up with your hands. If it holds together without crumbling, it's good to go, if not, add a little more water and knead a bit. Wrap dough in parchment paper and put in the refrigerator for 20 minutes.

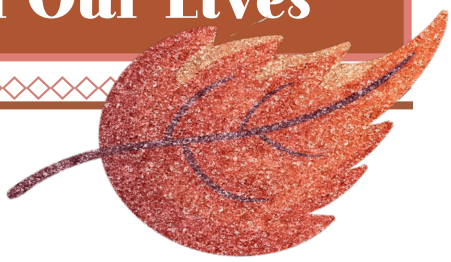
While waiting, cut your leftover meat into smaller pieces and put aside. Then make your gravy in a small sauce pan by adding 2 TBLS of boullion to 1-1/2 cups of boiling water. Next, mix 2 TBLS of cornstartch with a bit of cold water. Pour this mixture into the saucepan slowly while stirring the gravy at the same time. Let simmer for a minute. Check consistency. Add a little more cornstarch if needed to thicken. Set aside.

Retrieve your dough from the fridge and break it into two pieces. Roll into a 14" circle and place crust into bottom of pie plate. Fill pie with meat and vegetables. Pour gravy into pie. Cover pie with leftover mashed potatoes. Roll your second dough circle out and place on top of pie. Press and trim dough edges. Slice top crust 4 or 5 times with a knife. Place on cookie sheet lined with parchment paper. Cover edges of pie with aluminum foil.

Use the leftover dough for crust cookies! Roll leftover dough out to 1/4" thick. Use a small cookie cutter to cut out fun shapes. Place on cookie sheet with pie.

Bake the cookies for 15 minutes at 350 degrees. Continue baking pie for another 30 minutes. Remove the aluminum foil and continue baking pie for another 15 minutes. Let it cool for 5-10 minutes before serving.

From Our Blog–The Autumn of Our Lives



By Kirsten Mowrey

One of the many reasons people enjoy living in Michigan is our four seasons: spring, summer, fall, and winter. The seasons can also be described as birth, growth, maturity, and death, or child, teen, adult, and elder. Four seasons gives a year rhythm, and yet we are better at some beats then others. Culturally, we praise awakening and increasing—spring and summer, childhood and teen—far more than we appreciate maturity and death, fall and winter, adulthood and elderhood.

I pledged when I began this column to explore "deep green". To me, that means connecting to the rhythm of our location on the planet, or in other words, being rooted where you live. In Michigan that means facing up to and extending ourselves into fall and winter, a seemingly counter-cultural movement. It also means embracing loss and death, accepting the passing of events, and witnessing the preciousness of each season.

The definition of Autumn is, "any period of maturity or of beginning decline". As I enter my mature years, I look for models of how to age, and see few. In The Second Half of Life, Angeles Arrien writes, "Our culture has lost the capacity to acknowledge and value elders the way many other cultures around the world do. We have forgotten the rites of passage that help us learn to become wise elders, actively participating in our communities and living a deep, fulfilling life…our culture's current perspective is that the second half of life offers only decline, disease, despair, and death."

Psychologist Francis Weller says, "we have not enough adults and are a malfunctioning society versus a living culture." Embracing my age and starting on the downhill journey means letting go, changing the direction from outward to inward and valuing all that I have done. For those of us not facing imminent death, we pull energy inward to harvest the wisdom of what we did and didn't do, evaluate what happened, and recover wisdom from the outcomes.

Have you taken a hike in the woods recently, in a big tract that is not over browsed by deer? Waterloo State Recreation Area perhaps, or Island Lake? What I notice in these areas is the vertical diversity; the spring ephemerals fading near the ground, the young saplings and shrubs filling in from the three to six foot range, young trees filling in the understory, and finally, arching over all, the mature maples, cherries, hickories, and oaks. These elders of the forest provide shelter to those underneath and create nourishment for all. When I walk in a mature forest in a rainstorm I can hardly feel the rain. A mature ecosystem has vertical levels of perfect function. If we were to relate this our human culture, the mature trees would be elders, the young trees adults, and the saplings children, each thriving in the whole.

By contrast, were we to replicate our society as an ecosystem, it would look more like a clear cut: hacked stumps, lots of low growth, the saplings exposed to the sun and a scorched earth. There's no place for elders or adults. It's all about youth, youth, youth. Aging is a condition of being human, so why do we see aging as a failure to stay young? Our obsession with youth, with awakening and gain, is the basis for a relationship with our planet creating much doubt, grief, and fear. The need for elders, for wisdom, for shelter, nourishment and protection exists in all of us. Elders, according to Weller, "are caretakers for the deep memory of culture: they carry stories, healing practices, rituals and are guardians of collective wisdom".

Elderhood is different from merely being old. There are plenty of adolescents in 70-year-old bodies, still worried about their egos, their six-pack stomach, looking young, and being "it". However, elderhood is about developing "increased depth, integrity, and character" says Arrien. Michael Meade says, "the role of the elder is to go deep inside, awakening to and reflecting upon the story embedded in one's soul". Each of us is a unique combination of experience and genetics, a living slice of historical record. Our souls are the spiritual expression of that combination, the gift of ourselves and our drop of the Mystery to the whole. Unexpressed gifts are a loss for the whole, not just the individual.

To create our future, we need to mourn and grieve our past. To harvest the wisdom of our histories, we need to step into our feelings about them. I remember calculating my ecological footprint for a permaculture class. Ecological footprint calculation measures all the resources used to support your lifestyle and reckons how much land is needed to support it. No matter my choices: multifamily living, no car, vegetarian, no airplane travel, thermostat very low—I couldn't get my footprint below 3.4 Earths. I was using resources 3.4 times faster than the Earth could replenish them! I mourned, I felt helpless and sad—what could I do? As disheartening as this information was, it also guided me toward a deeper inquiry, and sent me gazing into the abyss of our culture's separation from the places we live. That separation keeps dividing us, like a fissure in a scorched plain. First we separate from the Earth and her other, non-human inhabitants, then we separate by gender, then we separate based on skin color, then on religious identity, etc., etc., until we stand alone, a single naked human ego.

Read the rest of Mowrey's essay on our blog!

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Thank you to the wonderful staff that has kept this important part of the Ann Arbor community strong all of these years.

Linda S. Bender, ACSW, LMSW
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Crazy Wisdom Poetry Series

Hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for the Zoom link.

Second Wednesdays, 7-9 p.m. Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m. Featured Reader(s) for 50 minutes. Open Mic reading follows for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured Reader: Dunya Mikhail

Dunya Mikhail is an Iraqi-American whose five books of poems address themes of war, exile, and loss. She has received Guggenheim and Kresge fellowships, the Arab American Book Award, and the U.N. Human Rights Award. She currently teaches Arabic language at Oakland University. Her reading will be bilingual.

7:00 PM - 8:45 PM • Wednesday, September 23, 2020

Email cwpoetrycircle@gmail.com for Zoom link.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

The Crazy Wisdom weekly Calendar

Online Workshops

"Weekly Zohar (The Book of Radiance)" Study • September 27 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • September 25 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Journaling for Healing • October 2 • 1 p.m. • 8-Week Online Journaling Workshop. For more information contact Julie Mariouw of Wellspring Workshops by emailing julie@wellspringwritingworkshops.com or visit Wellspring Workshops online.

Meditation, Yoga, and Martial Arts

Autumnal Equinox Celebration with Yoga & Sound Journey • September 22 • 7 p.m. • Join Courtney and Victoria for a special Autumnal Equinox Celebration with Sound Journey—A live event! We'll celebrate this moment in time with ceremony to deepen our awareness, a nourishing and gentle yoga practice, and sound to deepen our connection to nature, one another and to enjoy the still aliveness within.

As we enjoy a restorative yet gentle yoga practice to prepare our mind and body to receive the high vibration frequencies of crystal bowls, gongs and assorted sacred instruments, our energetic body shifts into sympathetic resonance with the natural world around us to aid in restoring us to our original

calm, at ease and joyful state of wellbeing. Event limited to 8 participants. Masked required. $75 per person. Sign up at veraposeyoga.com/events.

Shamanism

Medicine For The Earth • October 23 • 9 a.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: Medicine for the Earth: How to Transform Personal and Environmental Toxins by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. This is a 3-day class from October 23-25, Friday 7-9pm, Saturday 9am-9pm, Sunday 9am-12pm. Fee is $180/$120 if paid by October 10, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can alsolearn more online.

Virtual Group Therapy

Mindfulness-Based Cognitive Therapy Group for Those Age 60 plus with Mariko A Foulk LMSW, and Halla Motawi LMSW • September 23 • 7 p.m • 8 weekly group therapy sessions, evidence-based, to prevent relapse of depression/anxiety. Form ore information coall 734-764-2556.

Writing and Poetry

Crazy Wisdom Poetry Series • September 23 • 7 p.m. • Poetry Reading. Featured reader: Dunya Mikhail. Followed by open mic. Email: cwpoetrycircle@gmail.com for more information. Email cwpoetrycircle@gmail.com for the Zoom link.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Photo by Liana Mikah on unsplash.com